

Quick Meal and Snack Ideas (from kraftfoods.com)

Meal Ideas: Breakfast



Breakfast—The most important meal of the day. Remember, you've gone more than eight hours without food, so jump-start your body and mind with these ideas.

Cereal with Yogurt & Fruit

Top Spoon Size Shredded Wheat or your favorite cereal with low-fat vanilla yogurt and peach slices or dried cranberries.

450 calories, 4 g fat, 92 g carbohydrate, 17 g protein

Serve with a glass of orange juice.



A Breakfast Wrap

Top a tortilla with Philadelphia Neufchatel Cheese and sliced banana.

Serve with hot cocoa made with fat-free milk.

Grab & Go Breakfast Munchies

Pre-fill baggies with Honey Nut Shredded Wheat and a handful of dried apricots, raisins, almonds, or your favorite nuts.

Balance your meal with a glass of milk.



Why not wake up to a Latte?

Instead of putting cream in your coffee, add espresso to a mug of steaming milk.



Meal Ideas: Lunch – All meals count and lunch is no exception. Keep calories in check by paying attention to portion sizes.

Cobb Salad Your Way

- Start with lettuce and add corn, tomatoes, carrots and sliced green peppers.
- Add some protein such as Louis Rich Chicken Strips, kidney beans or chickpeas, or a scoop of cottage cheese.
- Drizzle with Kraft Light Done Right Reduced Fat Dressings. 270 calories, 10 g fat, 26 g carbohydrate, 22 g protein



*One serving of dressing is about 2 tablespoons. Skip the croutons & enjoy a small whole-grain roll instead.



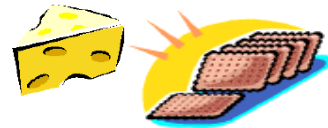
Mediterranean Turkey Club

- Spread whole-grain bread with light mayonnaise and layer a couple of slices of reduced fat deli style turkey.
- Pile on spinach, tomato and roasted red peppers for color and crunch.

*For extra calcium, add a slice of Kraft 2% Milk Reduced Fat Singles.

On-the-Go Cheese 'n Crackers

- Top Reduced Fat Triscuit Crackers with cheddar cheese and sliced apple.
- Try some baby carrots for crunch.



*Enjoy with a glass of Crystal Light low calorie soft drink.



Chicken Caesar Salad

- Leftover Shake 'n Bake Chicken Breast from dinner—slice and serve on bagged salad with Kraft Caesar Dressing.

Taco Wrap

- Wrap leftover chili from dinner in a tortilla with Kraft Mexican Style Shredded Cheese.
- Microwave on High for 1 minute or till heated through.



Snack – It's a long way from lunch to dinner, so why not keep hunger in check with a mid afternoon snack?

- Knudsen Cottage Doubles Strawberry
- Snackwell's Sugar Free Cookies with a glass of low-fat milk or low-fat yogurt
- A handful of nuts plus your favorite fruit



Meal Ideas: Dinner —Time is tight, but don't short change dinner! Following are some quick solutions that are big on flavor.

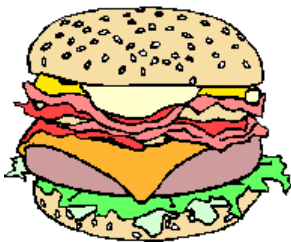
Chicken Stir-Fry

- Cook sliced, skinless chicken breast (one pound for 4) with a little Kraft Light Done Right Italian Reduced Fat Dressing in a large non-stick skillet on medium heat for 5 minutes.
- Add frozen stir-fry vegetables (a handful per person) and about ½ cup more dressing and a few dashes of light soy sauce.
- Cook and stir until vegetables are tender crisp. Serve over hot, cooked brown rice.

380 calories, 10 g fat, 40 g carbohydrate, 30 g protein.



Meatless California Burger



- Prepare any variety Boca Meatless Burger according to package directions.
- Serve on a toasted whole wheat bun with lettuce.
- Top with grilled peppers, cucumber and onion slices, and a fresh avocado.
- Round out with a fruit or garden salad.

Dessert- A little reward goes a long way! At the end of a day of eating well, treat yourself to a little something that will satisfy your sweet tooth without blowing your resolutions!



Just Layer It



- Prepare 1 pkg. (4 serving size) Jell-o Vanilla fat-free sugar-free pudding and spoon into four dessert dishes.
- Add a few spoonfuls sliced banana (one banana for four servings).
- Top with 2 Tbsp. Thawed Cool Whip Free Whipped Topping and coarsely chopped Snackwell's Sugar-Free Chocolate Chip Cookies.

180 calories, 6 g fat, 30 g carbohydrate, 5 g protein.

You can vary this recipe by using 1 pkg. Prepared Jell-O Strawberry Sugar-Free Low-Calorie Gelatin, partially thawed frozen raspberries, Cool Whip & chopped sugar-free chocolate sandwich cookies.

Meal Ideas: Smoothies & Treats

Quick Tips

- ❖ To cut down on prep time, always make a double batch. Store leftovers in the fridge in a container with a tight-fitting lid. Re-shake before drinking and use the same day.
- ❖ Make a smoothie for the road and pour in an insulated mug.
- ❖ For a special treat, fill ice pop molds with well-blended smoothies. Once frozen, you've got a fun, cold pick-me-up!



Very Berry

- Blend a carton of your favorite flavor of yogurt with some fresh berries and a few spoonfuls Bran Flakes Cereal.
- Add milk (1/2 cup should do it) to your preferred consistency.

Food Guide Pyramid Servings: 1 ½ milk + 1 fruit + ½ grain

Coffee Break

- Blend 3 spoonfuls General Foods International Coffee with a handful fresh strawberries and a scoop vanilla frozen yogurt.
- Add milk to your preferred consistency (1/2 should do it).

Food Guide Pyramid Servings: 1 fruit + 1 milk



Peanut Butter and Banana Sensation

- Blend chocolate milk, a few spoonfuls peanut butter and 1 banana with a few ice cubes until smooth.

Food Guide Pyramid Servings: 1 milk + ½ meat & alternatives + 1 fruit

Tofu Treat

- Blend ½ cup each prepared Crystal Light Ruby Red Grapefruit, orange juice, and silken tofu with 1 banana until smooth.

Food Guide Pyramid Servings: 2 fruit + ½ meat & alternatives



Fruit Flavored Drinks